

ON A TIGHT BUDGET?

YOU MAY QUALIFY FOR SNAP BENEFITS!

Contact Growing Places to learn more about SNAP and complete an application! You can reach us at 978-598-3723 or drop by at one of our Mobile Market locations!

Did you know?

If you qualify for SNAP, you automatically qualify for HIP (MA Healthy Incentive Program)!

HOW HIP WORKS

When you use SNAP to buy local fruits and vegetables from HIP farm vendors like Growing Places, you get money back on your SNAP card!

Household Reimbursement Guidelines:


1-2 people	\$40
3-5 people	\$60
6+ people	\$80

Two dietitians at Growing Places guide food delivery according to individual allergies,

medical conditions,
and cooking skill

level


We create recipes for many vegetables and provide ethnically diverse options!

**PRODUCT SPOTLIGHT:
LALU GREENS**

DESCRIPTION: Also known as the Jute plant, Lulu is a leafy green popular in tropical climates from Asia to Africa. Lulu is a staple crop for many cultures.

BENEFITS: Lulu provides vitamins A, C, E, B-complex, fiber, iron, calcium, and protein.

HOW TO PREPARE: Try it prepared as a stew or sauce with savory spices, broth, and choice of protein over grains.



CONTACT US!

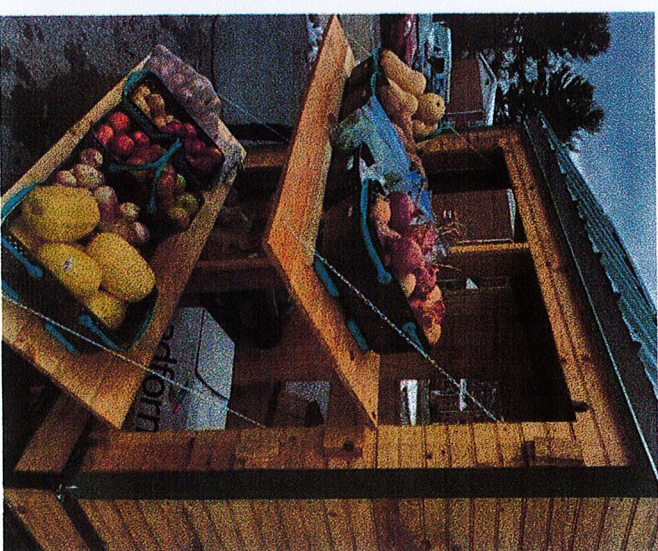
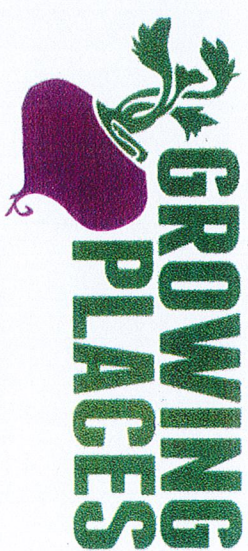
978-598-3723

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www.growingplaces.org

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Growing Places is an Equal Opportunity Provider



HEALTHY FOOD

ACCESS PROGRAMS

Sponsored by



ABOUT US

Growing Places is a non-profit organization working to improve equitable access to healthy food in the 27 communities of North Central MA since 2001.

HOW WE DO IT

Growing Places buys produce from **LOCAL FARMERS** and distributes it back to our community through:

- MOBILE MARKETS**
- FARMERS MARKETS**
- HOME DELIVERY**

WE ACCEPT

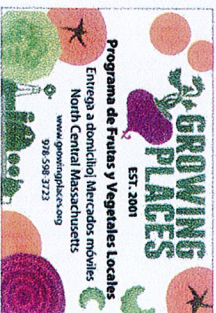
SNAP, HIP, CASH, CREDIT, TOKENS
(HIP= Healthy Incentives Program)

GROWING PLACES GOAL
Equitable food security means everyone has reliable access to enough, affordable, desirable, nutritious food.

OUR PROGRAMS

MOBILE MARKETS

We visit convenient locations all across North Central MA including Health Care Providers, Public Housing, Senior Centers, Farmers Markets and more! Scan the code for the full list.



HOME DELIVERY

Growing Places home delivery is a weekly produce subscription program. Customers can select their items each week or get an assortment based on seasonality, cultural preferences, and health condition(s).

Interested? It's easy to sign up!
Visit one of our Mobile Market or Farmers Market locations or scan the code to apply.



"Because of your deliveries each week, my diabetes is under control."
- Clinton home delivery customer

MARKET TOKENS

Are you a patient at

Simonds Simon Regional Cancer Center or Fitchburg Family Practice?

UMass Memorial Health-Health

Alliance - Clinton Hospital has a new program just for you!

Through a new food security screening process, you may be able to get tokens to spend at any of Growing Places Markets!

Talk to your provider to learn more!



"Our goal with this program is to provide the right nutritional support, at the right time, to the right patient."
- Health Alliance Clinton Hospital